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Bangalore Mirror

TEMP Max 24 | Min 20 | Humidity 83% Thundershower Sensex 66,684 | Nifty 19,745 | Gold 59,298 | Silver 74,966 | Dollar 81.99 | Euro 91.24 | GBP 105.41

OUT OF SITE

Plot-buyers left in lurch after they find their dream home plans shattered

PAGE 3

IN DRIVING SEAT

BMRCL in no hurry to start driverless train operations in city yet, will wait and watch

PAGE 4

Unasphalted stretch to burial grounds in Jeevanahalli filled with craters that jolt living daylights out of hearse drivers; garbage dumped in area adds to misery

A BUMPY RIDE EVEN TO FINAL DESTINATION

No funds to asphalt road, just fill up craters, say citizens

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The road between Jeevanahalli Junction and Kalpalli Hindu Burial Ground and Christian Burial Ground is full of potholes and craters. Thousands of motorists and drivers of hearse vans are finding it tough to use this road. As the road is full of craters, two-wheeler riders are frightened to commute on it as they are worried about not only their vehicles but also their spinal cords.

Earlier, it was very difficult for hearses to reach the Kalpalli Hindu Burial Ground or Christian Burial Ground from Old Madras Road and other areas such as CV Raman Nagar, Kaggadasapura, Krishnaiah Palya, Kasturi Nagar and other areas. With the completion of asphalting of the road between Old Madras Road and the railway track, motorists, especially hearse van drivers, can reach the burial grounds more easily.

However, the BBMP officials did not bother to asphalt half of the stretch between Kalpalli Hindu, Christian Burial Grounds and Jeevanahalli Junction.

CONTINUED ON PAGE 8 »

The road between Kalpally Burial Ground and Jeevanahalli Junction

> "It seems the BBMP is not interested in ensuring a smooth final journey of the mortal remains of residents who paid tax in various forms when they were alive
>
> –NS Ravi, Bharathinagar Residents' Forum president

Lake story, first as tragedy, then farce

Exorbitant expenditure not working, almost 33% of city's lake categorised in class E that is very poor water quality

| Garima Prasher
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TWEETS @BangaloreMIRROR

As Bengaluru expands, an increasing number of waterbodies in the city are becoming toxic. The Karnataka State Pollution Control Board's (KSPCB) water quality analysis data of 123 lakes in the city show that during June 2023, 33% of these water bodies were categorised under class E, bottom of the class for water quality.

What is more worrisome is that this number has been going up over the last few years. In June 2020, only 18% of the lakes (20 out of 106 lakes) were under Class E. Moreover, Chelkere Lake, the only water body on the list, was categorised under Class C, which implies it was a drinking water source with conventional treatment followed by disinfection.

None of the Bengaluru lakes today fall under category C.

City-based lake activists say while urban water bodies are being rejuvenated spending crores of rupees, most of them get back to the same state within a few years of being 'restored'.

"Despite the exorbitant spending,

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Art expert

City's Gallery G is showcasing the mesmerising works on paper of the celebrated Indian artist VS Gaitonde this month. Each of his works is a unique moment of artistic expression and reflects his ability to evoke emotions. Gaitonde is known for his abstract paintings and emerged as an important figure during the 1950s.
Where: Gallery G, Lavelle Road
When: until July 28; 10 am to 6:30 pm

02 Experiment fun

Get ready to attend The Great Indian Science Fest, happening this month in Whitefield. The fest is set to ignite a spark of curiosity among science enthusiasts. You can have fun with scientific wonders and experiments and learn about discoveries. You can also dive into workshops.
Where: Nexus Whitefield Mall
When: July 29 and 30; 1 pm to 8 pm

03 Interesting knots

Learn the delicate art of crocheting this July from Pragnya Parchure. This class will help you learn about different hooks and yarns, every basic knot of crochet, such as slip stitch, single crochet, half double crochet, triple crochet, and their variations, and more. All materials will be provided at the venue.
Where: Atta Galatta, 178, 5th Main, 9th Cross, 1st Stage Indiranagar; When: until July 26; 4:30 pm-6:30 pm; Contact: 9886577199

Planning to dine out? Be ready to shell out more

Hotels in city likely to hike food prices by 5% to 10 % from August; hoteliers to meet on Tuesday to take stock of situation and decide on extent of hike

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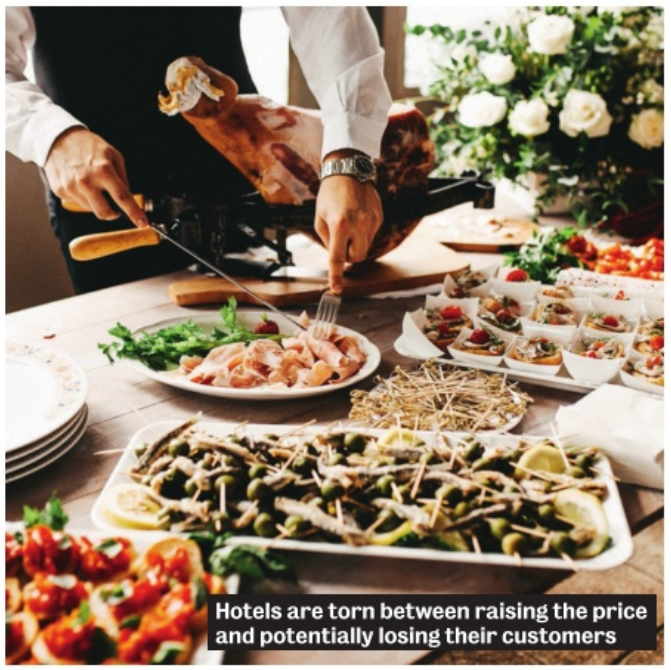
If you are worried about the increase in the kitchen bill, you are sure to get a double shock, as eating out may also turn out to be expensive, given that hotels in Bengaluru City have decided to hike food prices starting August 1. A crucial meeting of hoteliers is scheduled for Tuesday, during which they are likely to decide on the extent of the price increase. It is likely that food prices will go up by 5% to 10%.

PC Rao, the president of the Bruhat Bengaluru Hotels Association, expressed his concerns, stating that they have witnessed a rise in prices for almost all items. "Even the power prices have increased for them. Adding to our woes, the prices of milk and curd are set to go up by Rs 3 per litre, and coffee powder's price per kg has increased by Rs 80. Due to these factors, the price hike is justified. Therefore, we have decided to increase the prices of food items by 10% so that customers are not severely affected," he said.

Krishna Raj of Nisarga Hotel said, "We are very concerned about the rise in food prices. During our monthly meeting on July 25, all the hoteliers will come up with their suggested prices. Each individual hotel can then decide whether to raise prices or not. Some hotels might have already increased their prices earlier and may not do so again, while others may decide to hike the prices now. The price of coffee or tea may increase by Rs 2 or Rs 5, but it may not go any higher. There is stiff competition, and if we increase prices too much, we might lose customers."



Hotels are torn between raising the price and potentially losing their customers

He added that the association will not raise prices for all the hotels. It will be the individual hotels that decide. For example, a crate of tomatoes used to cost Rs 400, and now hotels are paying Rs 2,000 for the same crate. Hotels are torn between raising the price and potentially losing customers and not raising the price and struggling with the increased costs.

Other hoteliers explained that apart from the price rise, they also need to increase the employees' salaries, pay higher rent, and cope with increasing maintenance costs. Therefore, they have decided to increase prices by 10%.

"We are very concerned about the rise in food prices. During our monthly meeting on July 25, all the hoteliers will give suggestions – Krishna Raj

A hotelier mentioned, "During the covid crisis, we faced the worst situation when most of the employees quit, and many of them have yet to return. Even if we offer higher wages now, we are finding it difficult to attract the labour force. Additionally, we are facing competition from food trucks and roadside food vendors, which has significantly affected our business."

The price rise is not limited to Bengaluru; it is also expected to happen in Mysuru. C Narayan Gowda, president of the Mysore Hotels Association, stated that they have decided to increase prices by 5% from August 1.

Devaraj T, a customer, said that it will be the customers who will bear the brunt of the price hike, especially those who rely on hotels daily for food.

VK Street Sambhrama celebrated with zeal and joy

Despite the cloudy weather, the residents of Jayanagar exhibited unwavering enthusiasm as they flocked in large numbers to participate in the VK Street Sambhrama organised on Sunday by Vijay Karnataka and Bangalore Mirror. The entire street exuded a festive spirit. Bengaluru South MP Tejasvi Surya and Jayanagar MLA CK Ramamurthy commenced the event with a carrom game on the road, followed by a yoga session with the guests. Actress Samyukta Horanad, Chaitra J Achar, and singer Vasuki Vaibhav graced the occasion.

On the occasion, MP Tejasvi Surya expressed concern about the fading tradition of village games across generations, attributing it to the Internet era, where children are increasingly confined to their homes, engrossed in computers and mobile phones. Ramamurthy also voiced his concern about children growing up isolated within four walls, missing out on exposure to traditional games, and remaining unaware of the significance of relationships.

SRIDHAR KS

(1) Bengaluru South MP Tejasvi Surya and Jayanagar MLA CK Ramamurthy playing carrom; (2) Chief guests performing yoga as part of VK Street Sambhrama; (3) Jayanagar MLA CK Ramamurthy tries a marble game

Dr Nitin Yashas Murthy, Consultant Medical Oncology at Manipal Hospital, Jayanagar, issued a warning about the growing issue of mobile psychosis. He highlighted how excessive use of mobile phones before sleeping and upon waking leads to various health problems. The lack of physical activity has contributed to health issues such as obesity, diabetes, high blood pressure, cancer, and heart disease. Musician Vasuki Vaibhav fondly recalled his childhood days when he would often find himself on the streets, which he attributes to making him street-smart. He appreciated the efforts of Vijay Karnataka and Bangalore Mirror in helping reclaim the streets through events like Street Sambhrama.

The event featured a captivating Zumba dance performance by Bharath and his team from Rajarajeshwari Nagar's Varadha Dance Company, attracting the energetic participation of both children and adults.

— Prakash VL

Land sold, then sold again to others

Buyers of sites at layout shocked to find out that a decade later that entire plot has been sold to other buyers

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Despite police and media busting land scams frequently, gullible people continue to lose their hard-earned money that they invest to realise their home dream. Victims are reduced to running from pillar to post seeking justice while the authorities concerned remain apathetic and nobody gets punished.

The latest land scam is that the owners of a layout (Lakshmi Layout) are accused of selling the entire layout to a buyer after having sold individual residential sites in the layout to other buyers more than a decade ago. Some of those who bought sites there have sold it to other buyers in 2015 and 2021. The hapless buyers (those who bought the sites recently) came to know that the entire layout has been sold to Kanaka Krishna Reddy and Sunilkumar K in April 2022. Lakshmi Layout was developed at Hullahalli, Jigani Hobli of Anekal in Bangalore Rural.

"The layout was formed in a low-lying area. I bought the site measuring 40x65 sqft from Gunasekhar of Tilak Nagar for Rs 13 lakh on October 26, 2015. Gunasekhar bought the site from Bhagyalakshmi, the wife of Nagaraj, on April 29, 2015, for Rs 4,90,000. I have been paying property tax and have fenced the site. I and others who bought the sites visited the layout at 10 am on November 10, 2022. We found the fence removed and Nagaraj and others present on the spot. When questioned, Kanaka and Sunilkumar told us that they bought the land from Bhagyalakshmi, the wife of Nagaraj," said S Parthasarathy, one of the site owners.

According to documents available with Bangalore Mirror, the victims approached Bannerghatta police on November 10, 2022, complaining against Kanaka Krishna Reddy, Sunilkumar K, Bhagyalakshmi and N Nagaraj but the police refused to register a first information report (FIR) as the complaint was civil in nature. Later, Parthasarathy, one of the victims, filed a petition in the Principal Civil Judge and JMFC, Anekal, seeking a direction to the police to register a FIR against the accused persons.

On February 3, 2022, the Judge had directed the Police Inspector of Bannerghatta Police Station to register a case against the accused. The Judge also passed an interim order of temporary injunction restraining the defendants, or his agents, servants or any persons acting on their behalf from interfering with the plaintiffs peaceful possession and enjoyment of the suit schedule property pending disposal of the suit.

The layout and the injunction order from the court

Bannerghatta Police finally registered an FIR (0067/2023) as per the court direction against Bhagyalakshmi, Nagaraju, Kanaka Krishna, and Sunilkumar K on April 3, 2023, under the Sections of 384 (extortion), 406 (criminal breach of trust), 420 (cheating), 447 (criminal trespass), 465 (forgery), 468 (forgery for purpose of cheating), 471 (forged document), and 506B (criminal intimidation) of the Indian Penal Code (IPC) 1860.

Meanwhile, the victims urged the Bannerghatta police to take action against the accused. "I have been acquainted with Nagaraj for many years. My son Terrance bought the site from Arpuda Mary's children on December 27, 2021. Arpuda bought the site from Bhagyalakshmi, the wife of Nagaraj on February 18, 2010. I was shocked to know the entire layout was sold in April 2022. Nagaraj told me in the presence of police that he did not know who I was," said Lawrence.

Radha R, the daughter of Arpuda Mary, told Bangalore Mirror that it was true that their mother bought the site from Bhagyalakshmi.

When informed, Sunilkumar K, who bought the land along with Kanaka Krishna, said that he has not received any notice from the Bannerghatta Police Station. "You can contact Nagaraj for further information," said Sunilkumar.

Sukesh Raju, the son of N Nagaraj and Bhayalakshmi, told BM that his father was out of town. "We have nothing to do with the complainants as we did not sell the sites to them. We sold sites to the buyers more than a decade ago. What were they doing all these years?" asked Sukesh Raju.

Confirming the receipt of a notice from Bannerghatta Police Station, Sukesh Raju said a case pertaining to the layout is pending in the court. "The problem with the complainants is that they are expecting a huge amount from us," he said.

When contacted, Bannerghatta Police Inspector Uma Mahesh said that a notice has been issued to Bhagyalakshmi, Nagaraj N and others in this regard.

Disappointed with the police delaying action, the victims wrote a letter on June 20, 2023, to Superintendent of Police, Bangalore Rural District requesting a direction to Bannerghatta Police Inspector. The Superintendent of Police promptly directed Bannerghatta Police Inspector to enquire about the complaint. "I have already directed the Police Inspector after receiving the complaint from the victims. I will look into the matter," the SP said.

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Driverless trains on hold: BMRCL to wait

Cautious approach before implementing driverless train operation

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As Delhi and Chennai Metro jump ahead in adopting driverless metro trains, Bengaluru takes a more measured stance in implementing the proposal. While Delhi Metro already boasts 160 km of driverless train operation (DTO), Chennai is gearing up to follow in that direction soon. However, Bengaluru Metro might have to wait a bit longer to witness this transformative development.

Despite owning a few trains capable of DTO, the Bangalore Metro Rail Corporation Limited (BMRCL) has chosen to observe the success of driverless operations in other cities before proceeding. "All new coaches purchased in the last 1-1.5 years are equipped with driverless technology. These coaches are capable of both manual and automatic driving. We have a few cars capable of driverless operation but we are not using them.

Currently, we don't have a proposal to implement driverless technology and will wait to see the success in other cities," said Anjum Parwez, BMRCL MD.

In contrast, the driverless metro project in Chennai is gaining momentum and is likely to be operational by 2026. The Chennai Metro Rail Limited (CMRL) has proposed to introduce driverless trains in Phase II of the project, involving an estimated cost of Rs 61,843 crore. A total of 138 three-coach driverless trains will be purchased for the implementation of the project.

Bengaluru Metro might have to wait a bit longer to witness driverless train operation

Based on the Delhi Metro Rail Corporation Limited (DMRCL) DTO, these trains are equipped with high tech cameras and obstruction-sensing devices. They are operated using sophisticated signalling systems and are controlled from the operations centre. Notably, these trains can run at slightly higher speed than regular trains. Additionally, for passenger safety, the carriages are equipped with a Passenger Alert Device, which, in emergencies, sends carriage footage to the operations centre. The main coach has an Obstruction Detection device capable of removing smaller obstacles and promptly halting the train in the presence of larger ones.

> **"All new coaches purchased in the last 1-1.5 years are equipped with driverless technology. We have a few cars, but we are not using them** – Anjum Parwez, BMRCL MD

In 2020, Prime Minister Narendra Modi inaugurated India's first DTO system on the 37 km Magenta line of DMRCL, announcing plans to introduce this technology in 25 cities.

Residents file petition seeking solution to improve bus connectivity

Residents of Mahadevapura recently met with Transport Minister Ramalinga Reddy to submit a petition demanding an increase in bus connectivity to the area. They have suggested that the authorities must revive Chakra buses, introduce newer routes in the area, and provide metro feeder buses among others. With the completion of the metro line, the number of employees in the IT hub now opting to travel through metro services will naturally see a rise. Residents have demanded the Bruhat Bengaluru Mahanagara Palike (BBMP) as well as the transport department to focus on fixing routes in the area while also increasing options of first and last mile connectivity to public transportation systems like BMTC bus stops and metro stations. Furthermore, the resident groups have stressed the importance of monitoring and enforcing bus stopping discipline to streamline operations. They have also suggested proper maintenance of bus shelters and the streamlining of revenue management. "Did you know BMTC shelter maintenance is under BBMP? Any revenue potential, from the bus shelter (advertisements) also goes to BBMP. There is an urgent need to shift responsibility of bus shelters back to BMTC as BBMP does not have the capacity to manage. @DKShivakumar pls consider," tweeted Whitefield Rising, a Resident Welfare Association (RWA). They have also suggested the department to think of long term changes with respect to policy instead of providing temporary fixes. — BMB

Clear the path: residents demand action from authorities

Kasturi Nagar residents walk 1.5 km to draw attention to footpath encroachment

In an inspiring show of unity and frustration over civic apathy, hundreds of Kasturi Nagar residents took to the streets for a 1.5 km walk to draw attention to their long-standing woes of footpath encroachments. Fed up with inaction despite numerous appeals to the civic authorities, the residents decided to address the problem themselves.

Footpath encroachments have been plaguing the locality for months, hindering pedestrian movement and posing safety hazards. Despite raising the issue in ward committee meetings and making repeated requests to BBMP officials, the residents' requests went unanswered.

Determined to reclaim the public footpaths, representatives from the Kasturi Nagar Resident Welfare Association (RWA) organised the empowering walk from Bangalore One, 2nd main road to Nanda Gokula Hotel. During the walk, residents spoke to the shopkeepers occupying footpaths, urging them to clear the encroachments and prioritise pedestrian safety.

PICTURE FOR REPRESENTATION ONLY

Footpaths have been encroached on by many vendors causing inconvenience to the public

"Kasturi Nagar 2nd main road's footpath was occupied by hotels and footpath vendors. Nearly 100 representatives from RWA joined hands and held a walk on Saturday. We educated the business establishments not to encroach on footpaths and asked the vehicle owners to not park on footpaths. We were assisted by Traffic Police officials and the footpath was cleared," said Venugopal Rai, a member of the Kasturi Nagar RWA.

He added that the primary goal was to reclaim the footpaths. He said, "There is no space on footpaths for pedestrians to walk. The space is being used for parking and running business establishments and not for walking. We wanted to reclaim the space. We have witnessed many accidents due to citizens walking on roads."

Rai said that during the walk many encroachments were cleared, but feared that they might return without storm action from BBMP. "BBMP has to take strict action against this. We wanted to draw the attention of BBMP and Traffic cops to this situation," he added.

Residents say that this drastic measure was taken up after sustained apathy. "We mentioned the issue in ward committee meetings, and written several letters to BBMP and traffic cops," added Rai. But residents say that no action was taken to solve the issue. — Melvin Mathew

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Road trouble

Hegganahalli

Poor road conditions at Lakshman Nagar, Hegganahalli Main Road in Sunkadakatte are causing inconvenience to commuters.

Weak barriers

Sivananda

The unrepaired cow gate barrier welding at Sivananda down ramp is posing a threat to motorists and pedestrians. Residents are enduring the constant irritation from the clanging sound it creates.

Broken road

Pipeline road

In the road between NPS, Pipe Line Road, Yeshwanthpur, and Tumkur Road, opposite MEI signal, BWSSB dug up for chambers and left unrepaired by the contractor. Complaints have been lodged with both BWSSB and BBMP.

Mandatory voting rights: Students on forefront

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The premises of Government High School at Ramagondanahalli looked like a polling booth on Saturday. Around 400 students exercised their franchise to elect members for the Student Council.

It was an elaborate process where all interested candidates submitted their applications to contest the election. A panel of teachers and volunteers screened the applications to understand the intent and also checked the student record before calling them for an interview. The purpose of the interview was to understand the student's vision and values and how they could contribute to the same.

"We received around 70 applications from the students, and among them, 15 were selected to contest the election. Students from 8th, 9th, and 10th grades were eligible to contest in the election, while the students from 6th Grade to 10th Grade were eligible to exercise their franchise to select the members for Student Council and Head Boy and Head Girl," said Anjali Nayak, a teacher.

Contestants canvassing for votes at Government High School

The selected candidates were put through a workshop to help them build their campaigns (they create their logos, mottos, and speeches), and they were apprised of the election code of conduct. There was a hectic campaign by the candidates for two days at the school. It was followed by a 'quiet' day, and they had the proper election with a ballot box and ballot paper, etc. Finally, results were announced, and the council was installed in a formal investiture ceremony on Saturday.

The Government High School at Ramagondanahalli is in a unique public-private partnership (PPP) model with Inventure Academy, RBITC, Whitefield Ready, and TeachForIndia. This event was hosted by RBITC, and the Chief Guest was Dipti Vijaykumar, the Group Head HR of FirstMeridian Business Services Ltd.

Femy Joseph, Subject Lead SST and Head of the Organising Committee, Student Elections at GHS Ramagondanahalli, said the Student Council is vital for GHS Ramagondanahalli as it empowers students with the experience of democracy and decision-making.

"By selecting dedicated members through a rigorous process, the council fosters leadership skills and collaboration. It serves as a bridge between students, teachers, and the administration, addressing real issues and upholding school values. Encouraging active participation, the council involves students in school development activities, promoting a vibrant and inclusive school culture. Through open communication and feedback, it ensures students' concerns are heard and resolved. Overall, the Student Council plays a key role in nurturing responsible students and creating a democratic school environment," explained Joseph.

Meanwhile, Rakshita Bhandari, who got elected as Head Girl, said that her priority is to work with other members of the Student Council to ensure discipline among the students. Mehenur Haque, who got elected as Head Boy, added that his aim is to take care of his school.

"Setting up a Student Council at Government High School, Ramagondanahalli, is our way of completely engaging and involving students in the day-to-day functioning of the school. It not only provides a platform to develop student leadership, but the entire process enables every student to experience democracy as it should be," said Sumedha Rao, Programme Manager, GHPS Ramagondanahalli.

World IVF Day done, right!

Oasis Fertility, HSR, Bengaluru, celebrated World IVF Day with IVF children, marking the birth of 10 million IVF babies in the last 45 years. Despite progress, infertility remains a sensitive topic, and many are unaware of advanced fertility treatments. Lifestyle, medical, or genetic factors can cause infertility, requiring a fertility specialist's help for diagnosis and treatment.

Dr Meghana Nyapathi, Clinical Head and Fertility Specialist at Oasis Fertility, said, "I urge couples to undergo a fertility evaluation if they experience difficulties conceiving. Fertility treatment goes beyond IVF; Oasis Fertility offers a comprehensive range of treatments, including counselling, ovulation induction, IUI, fertility enhancement, IVF/ICSI, and more. Advanced technologies like PGT, ERA, and specialised sperm selection techniques help achieve parenthood." -BMB

By means of his citizen centric programmes, being reason for all-round development of Yalahanka Constituency.

SRI S. R. VISHWANATH

Popular MLA, Yalahanka Constituency
TTD Board Member & Ex-Chairman - BDA

Hearty wishes on the occasion of his 61th Birthday

We wish him more success & may he continue to implement the pro-people programmes to a greater extent.

Well-Wishers :
Citizens, Friends & Fans of Yalahanka Constituency

Dangerous road median!

Neglected fallen median slabs pose a threat to commuters on Old Madras Road

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TWEETS @BangaloreMirror

The Old Madras road, particularly the section opposite the Byappanahalli police station, has become a cause for concern as several median slabs have collapsed without receiving the attention they deserve. This dangerous situation has persisted for months. Commuters in the area have expressed their worries about the fallen median slabs.

Bangalore Mirror spoke to a few commuters in the area regarding the problems. Sashi Kumar, a resident of Whitefield who frequently travels on Old Madras road, voiced his concerns, stating, "In two-three places, the median has collapsed, fortunately within the median area. But if it had fallen onto the road, the consequences for two-wheelers, cars, or trucks could have been unfortunate. It is not the first or last time, this keeps happening and it's a common affair. It's been over a month now, and the lack of attention is troubling. Motorists are at high risk, and we urgently need a permanent solution."

Shashidhar, a food delivery agent in the area said, "It can be a major issue for people on two-wheelers. Especially if it's raining and during the night, if the slab falls onto the road, it can lead to casualties." He added that instead of the stone slabs, iron rods can be put so that it is safer for the commuters.

A police constable stationed at the crossing said, "This can be a major issue. The slabs were placed over two years ago. The only solution is to call for cranes to lift and reposition them with chains. This work can only be done at night as the Old Madras road witnesses huge traffic during the day."

Commuters worry about the unattended fallen median slabs on the road

> **"The slabs were placed over two years ago. The only solution is to call for cranes to lift and reposition them with chains. This work can only be done at night as the Old Madras road witnesses huge traffic during the day"**
>
> -Police constable

Junaid, another commuter on the road said, "There's a sudden sharp right turn near the place where the slab has fallen. I almost skidded and was about to fall twice. It can pose a major risk. Despite a police station being right opposite this, no action has been taken whatsoever. If people on two-wheelers do not have a good helmet, it can cause a major fall and injury to their head." He added that on the same road, there are places where the slab is protruding outside, which can be another major concern, especially at night.

Mobile clinic for underprivileged villages

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TWEETS @BangaloreMIRROR

Sunday, July 23 will remain a memorable and significant day for the patients from poor families in and around Chikkaballapur. On this day, hundreds of patients who can't afford treatment at private hospitals had an opportunity to avail medical treatment free of cost at Sapthagiri Institute of Medical Sciences and Research Centre, Bengaluru.

Clinic on Wheels, a mobile medical bus, was launched on Sunday at Mohammadia High School, MG Road, Chikkaballapur for screening patients suffering from various ailments. The Clinic on Wheels is an initiative of the IMS Foundation, Madhurima Sewa Sanskar Foundation, and Laghu Udyog Bharati, Karnataka.

"The Clinic on Wheels is launched today as part of our vision to ensure treatment for people in rural areas free of cost. The Clinic on Wheels costs more than Rs 65 lakh. As of now, we have tied up with Sapthagiri Institute of Medical Sciences and Research Centre, Bengaluru and BGS Global Institute of Medical Sciences," said Dr Swapna Singh Verma of Madhurima Sewa Sanskar Foundation.

She said the laboratory reports would be provided to those patients undergoing screening at the Clinic on Wheels on Tuesday. "This vehicle will tour all the villages across Karnataka. We are planning to launch one more Clinic on Wheels vehicle shortly for Ramanagara District. The patients who need surgery or treatment will be admitted to BGS Global Institute of Medical Sciences Hospital," she said.

Director Manoj GD Sapthagiri Institute of Medical Sciences and Research Centre Managing told Bangalore Mirror over the phone, that Sapthagiri Hospital provides medical staff for the Clinic on Wheels. "Two doctors, two nurses and two laboratory technicians were provided by our hospital. We provided treatment for the patients screened or recommended by the doctors at the Clinic on Wheels," said Manoj. "Our objective is to ensure more and more patients from rural areas avail this medical facility. We have a plan to organise a medical screening programme in Bengaluru, Nelamangala and other areas shortly," he said.

Kejriwal's Bengaluru health journey sparks alliances

As the opposition party leaders descended upon Bengaluru City, Chief Minister Siddaramaiah and Deputy CM DK Shivakumar extended a warm welcome to Delhi Chief Minister Arvind Kejriwal, who arrived in the city to forge new political alliances. Amidst the political talks, an interesting tidbit emerged, shedding light on Kejriwal's long-standing connection with Bengaluru. As the Delhi CM is a frequent visitor to the Jindal Institute of Naturopathy, it seems Kejriwal has had a long-standing bond with Bengaluru. Surprisingly, it was Kejriwal's bete noire, PM Modi, who had initially suggested he visit Bengaluru to seek treatment for his frequent cough and chest congestion issues. Since taking that advice, Kejriwal found solace in the city and experienced an improvement in his health and overall wellness. Not only that, this health journey appears to have shaped his political alliances, now Kejriwal visited Bengaluru to shape his alliance against Modi.

NOTES FROM THE FIELD

Legislators tease surprise prizes on punctuality

During a session, Speaker UT Khader announced the names of a few legislators who were on time. When Athani MLA Laxman Savadi questioned why he was calling out names, Khader cheekily remarked that if Savadi had bothered to show up on time, he would have known the reason. Savadi, trying to lighten the mood, quipped if those legislators were in for a surprise prize, like fancy Rolex watches. Khader, with a grin, kept the suspense alive and just replied, "Oh, you never know!" Not to be outdone, Tiptur MLA K Shadakshari chimed in, claiming that the early birds would get gold, the next in line would settle for silver, and whoever came last would end up with some humble iron coins. Khader responded humorously, stating that he wouldn't be the sponsor of such prizes; rather, the responsibility would fall on Shadakshari himself.

Shivakumar's Akbar Birbal Moment

In a satirical response to the recent opposition by the BJP against the Congress party's handling of guarantee schemes, Deputy Chief Minister DK Shivakumar decided to narrate a captivating tale reminiscent of the fabled encounters between Akbar and Birbal. Drawing inspiration from the timeless wisdom of Birbal, Shivakumar began by

recounting an intriguing question posed by Emperor Akbar to his witty advisor, Birbal. Akbar pondered aloud why there were no hairs on the palms of his hands. Birbal, known for his quick thinking, responded with a thought-provoking answer. He explained that the Emperor's hands were devoid of hair because of his generous nature. The Emperor, intrigued, further inquired why those who received gifts from him also lacked hair on their palms. Birbal astutely replied that it was because they had become accustomed to receiving the Emperor's gifts. However, Akbar's curiosity persisted, and he questioned Birbal about those individuals who never received any gifts at all. Birbal, known for his sharp wit, skillfully replied that those onlookers who missed out on the gifts were filled with jealousy. They rubbed their hands in anticipation, hoping to receive gifts themselves, and thus, their palms remained devoid of hair.

No excuse!

Last Monday was undoubtedly an eventful day for the Congress party as the state ministers skipped the session to welcome leaders from other states attending the Mahagathbandhan meeting. As a consequence, the session seemed a bit deserted with many ministers missing in action, which didn't go unnoticed by the opposition. The BJP leader R Ashoka couldn't resist taking a playful dig at Speaker Khader, urging him to "wake up" the government in such a way that they would need pills to shake off their deep slumber. In the midst of the banter, Agriculture Minister N Cheluvarayaswamy was the sole minister present, looking perplexed as to why the opposition was targeting him. The speaker intervened, pointing out that the opposition had a valid point. If the ministers had been present during the session, such a situation might have been avoided altogether.

Non-partisan role?

During a recent session discussion, Thirthahalli MLA and former Home Minister, Araga Jnanendra, raised a question to Speaker UT Khader, questioning the appropriateness of his meeting with Congress leader Sonia Gandhi. Jnanendra pointed out that as the Speaker, UT Khader is expected to maintain impartiality and not display any affiliation towards a specific political party. In response, Khader clarified, "While it is true that I met Gandhi, I must mention that I was officially invited to a dinner party hosted by the Chief Minister. As a matter of protocol, I couldn't decline the invitation, and during the event, I had the opportunity to meet Gandhi. I believe there's nothing wrong with such interactions."

-Sridhar Vivan

INDIA RAIN ROUND-UP

Landslide toll jumps to 27, at least 50 missing

Remains of landslide in Raigad; Uttarakhand soaked and rescue work on in Gujarat

The death toll from a massive landslide in Maharashtra jumped to 27 on Sunday, with at least 50 people still missing as rescue teams struggle in lashing rain, officials said. The landslide was triggered by monsoon rains on Thursday, smashing into a village in Raigad district, a hilly and forested site about 100 kilometres (62 miles) from Mumbai.

Emergency teams have been digging for bodies under the mounds of earth and rubble.

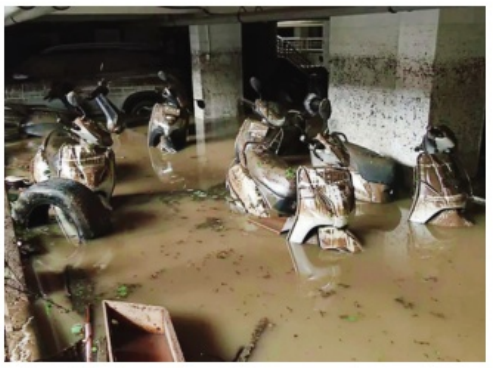
"We've so far counted 27 bodies, and about 50 to 60 people are still missing, but there are multiple challenges for rescue work at the site," Raigad official Yogesh Mhase told AFP on Sunday. Mhase said the remote hamlet was about five kilometres from the nearest road.

"No heavy equipment can reach this site, we only have small machines and most work has to be done manually," he added. "Non-stop heavy rains in the region are also making the entire operation much more challenging".

The top district official said he was not optimistic about finding survivors on the fourth day of the ongoing rescue. Local media reports said that several families were entirely wiped out, while other survivors were the only ones left alive among their relatives. India has been battered by rains since the start of the monsoon season in June, and flooding and landslides have killed scores of people.

Monsoon rains are vital to replenishing rivers and groundwater, but the deluge also causes widespread destruction every year. Experts say climate change is increasing the number of extreme weather events around the world, with damming, deforestation and development projects in India exacerbating the human toll. – AFP

NDRF personnel search for victims at the site of a landslide at Irshalwadi village of Raigad district in Maharashtra; (UTTARAKHAND) Vehicles submerged in mud after a cloud burst occurred in Uttarkashi on Saturday; (GUJARAT) Two-wheelers partially submerged in a waterlogged area in Junagadh on Sunday



Uttarakhand: Severe damage in Uttarkashi

Persistent downpours in the Uttarkashi district of Uttarakhand have resulted in significant damage to the infrastructure and livelihood of the inhabitants of the region, an official said on Sunday.

Speaking to ANI on the intense spell of monsoon rain, Uttarkashi District Magistrate (DM) Abhishek Rohila stated that torrential downpours in the region caused severe damage to several areas of the Uttarkashi district.

"Due to heavy rain, 50 buildings have been damaged in Purola, Barkot and Dunda of Uttarkashi district. 50 roads are closed in the district. Electricity supply has stopped in about 40 villages and more than 400 drains of agricultural land have been washed away," said Uttarkashi DM Rohila. Earlier on Saturday, the Uttarakhand State Disaster Response Force (SDRF) personnel rescued all students who got stranded due to the heavy debris being swept into the Kasturba Inter College in Uttarkashi district. Heavy rains caused water-logging in the residential school leading to the evacuation.

The SDRF was informed by the Uttarkashi Disaster Management, in the middle of the night on Thursday about students being trapped inside Kasturba Inter College due to falling debris near Gangnani. About 150 students were trapped due to the debris and all of them were rescued by the SDRF rescue team in the night itself and taken to a safe place. – ANI

Gujarat: NDRF team conducts rescue ops

Amid the incessant rain battering several parts of Gujarat, the National Defence Response Forces (NDRF) team on Saturday conducted a rescue operation in the Junagadh district of the region. The NDRF personnel in the rescue operation reached out to the general public and assisted them to cross the city's flooded and waterlogged regions into safer areas.

Earlier on Saturday, one person went missing in Navsari City. – ANI

Delhi on alert as Yamuna breaches danger mark

Delhi's Yamuna river on Sunday crossed the danger mark once again following a surge in discharge from the Hathnikund Barrage into the river, increasing chances of another spell of floods in the capital.

The water level of the Yamuna River in the National Capital was recorded at 206.31 metres till 4 pm, crossing the danger mark.

Meanwhile, announcements are being made by the administration to vacate low-lying areas. Earlier in the morning the water level of the Yamuna River in the National Capital was recorded at 205.81 metres, marginally above the danger mark of 205.33m. After the heavy rainfall in in parts of Uttarakhand and Himachal Pradesh the water was discharged from Haryana's Hathnikund Barrage. The Delhi government is on high alert due to discharge of over 2 lakh cusecs of water from the barrage into the river, said revenue minister Atishi on Saturday. Due to a rise in the water level of the Hindon River in Noida, several houses were submerged in the low-lying areas on Saturday. The police reached the spot on Saturday and issued an alert regarding the situation. "Water entered some houses in the low-lying areas... as a precautionary measure, people have been evacuated to a safer place. The situation is normal at the moment and we are monitoring the water level and spreading awareness about it," said, Sureshrao Kulkarni, Additional Commissioner of Police.

After July 13, the Yamuna had been receding gradually after reaching an all-time high of 208.66 meters but there have been marginal fluctuations in the water level over the last two-three days. – ANI

A man takes bath in the swollen Yamuna river, in Delhi on Sunday

IN BRIEF

3 arrested for posters mocking Nitish

Three BJP members were arrested after they allegedly pasted posters making fun of Nitish Kumar, the chief minister of Bihar, during his visit to the city on July 18 for a gathering of national opposition parties.

They were identified by the police as Sriram, Mohan, and Nandakumar, three Sheshadripuram residents. The police said that the suspect carefully positioned banners mocking the Bihar chief minister at 20 different locations throughout the city, particularly on streets leading to the hotel on Race Course Road where the opposition conference took place.

According to police sources, Sriram raised money from his people to pay for the posters. They were transported in a mini-tempo after being printed at Nandakumar's press, while Mohan owns the tempo.

Serial burglar nabbed

A man who used the route of burglary to live a luxurious life has been arrested. Rafeeq, who is from Tumakuru, had been released from jail just a few months ago, but later committed the thefts at Nelamangala and Rajajinagar. He used to target locked houses and shops. Police were investigating a shop theft case registered at the Rajajinagar police station, which led them to him.

When he was being interrogated, a case of theft from the house of a man in Nelamangala also came to light. Around 409 grams of gold, 425 grams of silver and 189 grams of fake gold worth Rs 22 lakh have been seized in connection with the two cases. According to the police, the accused has committed theft in many places including Bengaluru.

Rafeeq was jailed in 20 cases in different places including Bengaluru, Tumakuru, Bengaluru Rural districts.

3 college girls suspended for sneaky video

Three girl students studying optometry course in a college have been suspended after they allegedly videographed a fellow student in the restroom, the college management said on Sunday. Netra Jyothi College director Rashmi Krishna Prasad said the incident occurred on Wednesday and the very next day the students were suspended.

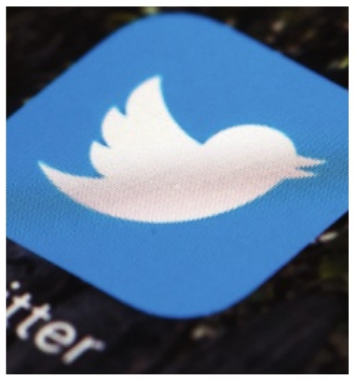
The girls were suspended on two counts -- first, they brought the mobile phone which is banned in the college and then taking video, she said. According to the director, the three girls told the victim that their target was some other girls and she was mistakenly videographed. They reportedly deleted the video in front of her, the director said.

However, the victim told her other friends about the incident and they reported the matter to the management, the director said.

"We suspended the three girls immediately," Rashmi said. – PTI

Bye bye bird, say hello to X

Musk says Twitter to change logo



Elon Musk said Sunday that he plans to change the logo of Twitter to an "X" from the famous blue bird, marking what would be the latest big change since he bought the social media platform for $44 billion last year.

In a series of posts on his Twitter account starting just after 12 a.m. ET, Twitter's owner said that he's looking to make the change worldwide as soon as Monday.

"And soon we shall bid adieu to the twitter brand and, gradually, all the birds," Musk wrote on his account.

The change isn't surprising given Musk's long history with the name "X," says Allen Adamson, co-founder of marketing consultancy Metaforce. The billionaire Tesla CEO tweeted last October that "buying Twitter is an accelerant to creating X, the everything app."

Musk's rocket company, Space Exploration Technologies Corp., is commonly known as SpaceX. And in 1999, Musk founded a startup called X.com, an online financial services company now known as PayPal.

"Not sure what subtle clues gave it way, but I like the letter X," Musk tweeted Sunday.

But the change on Twitter was met with sharp criticism on the social media platform.

The change will be very confusing to a huge chunk of the Twitter's audience, which has been already souring on the social platform given a slew of other major changes Musk has made, Adamson said.

"They won't get it," he said. "It's a fitting end to a phenomenal unwinding of an iconic brand and business."

Earlier this month, Musk put new curfews on his digital town square, a move that met with sharp criticism that it could drive away more advertisers and undermine its cultural influence as a trendsetter.

The higher tweet-viewing threshold is part of an $8-per-month subscription service that Musk rolled out earlier this year in an attempt to boost Twitter revenue. Revenue has dropped sharply since Musk took over the company and laid off roughly three-fourths of the workforce to slash costs and avoid bankruptcy.

In May, Musk hired longtime NBC Universal executive Linda Yaccarino as Twitter's CEO. **AP**

No resting in peace when one is on B'luru roads

CONTINUED FROM PAGE 1

The residents of Jeevanahalli and Cox Town said the condition of the road has become worse.

"It is the responsibility of the BBMP to maintain the road. What is the use of the BBMP if it cannot asphalt a stretch of the road to ensure hearse vans carry bodies to the final destination? It seems the BBMP is not interested in ensuring the final journey of the mortal remains of residents who paid tax in various forms when they were alive," said Bharathinagar Residents' Forum president NS Ravi, adding that the road is the main link to take bodies from areas such as Cox Town, Jeevanahalli, Frazer Town and Shivajinagar.

Blaming the BBMP Road Infrastructure Department for this shoddy work, a resident of Jeevanahalli, pleading anonymity, told BM the road has been in a bad condition for more than a year causing a lot of inconvenience to the thousands of motorists.

"I demand that some officials take the trouble to visit the road and take measures to at least fill up craters and potholes if they have no funds to asphalt the entire road," the resident said.

Expressing concern over heaps of garbage and the potholes, B Ramesh, a resident of Cox Town suggested to the BBMP Health Department and Solid Waste Management Department to send workers to clear the garbage.

"The stretch is not only full of potholes but also of garbage. One has to use a handkerchief to ensure the bad odour emanating from the garbage dumped between the railway track and the road doesn't stop them in their tracks. We are not able to visit the Kalpalli Hindu Burial Ground to attend final rites whenever our friends or relatives pass away," said Ramesh.

A few residents told BM that auto rickshaw drivers also decline when asked to ply on this road. "There are occasions where some of us are compelled to walk to visit the burial ground as no auto driver is willing to go there," said Jagadeesh, a resident of Jeevanahalli.

When informed, BBMP Executive Engineer (Road Infrastructure) Priyadarshini said that MLA Raghu has already asked her to take measures for asphalting the road. "As of now, we have no funds for asphalting. The road will be asphalted as soon as funds are available," said the executive engineer.

Lake encroachment goes on, pollution worsens

CONTINUED FROM PAGE 1

none of the goals are being achieved: The lake encroachment goes on unabated, and the pollution in the lake goes on worsening. This problem is most rampant in the lakes in the Bengaluru Urban district, and also areas in the Bengaluru Rural district such as Anekal, Devanahalli, Hoskote, etc.

The main reason for these short-lived improvements is that the lakes are being developed without any proper survey, encroachment clearance, boundary fixation, technical study, and an approved lake DPR," said V Ramprasad, a city-based lake activist.

Experts say while KTCDA Act of 2014 mandates that any lake project must be undertaken only after getting a detailed project report approved by the authority, most of the lake custodians allow lake development without any technical consultation and legal approvals.

Lake activists also highlight that the scrutiny of water pollution and remedial action being taken by the regulatory body, which is KSPCB, has been subpar.

"The Water Act, 1974, states that a comprehensive program must be in place to prevent and control pollution of water bodies. However, KSPCB has never come up with a plan to prevent water pollution.

The board has only been monitoring the water quality of lakes without taking any action against the polluters. KSPCB is directly responsible for the current sad state of water bodies," said Nagesh Aras, another lake activist.

Environment and forest minister to intervene

Looking at the current state of affairs and the broken system of the board, the state's Forest, Ecology and Environment Department has now decided to intervene in KSPCB's functions. According to a source from the department, the minister of Forest, Ecology and Environment, Eshwar Khandre, has already discussed the issues plaguing the board with the Chief Minister.

"The minister has already met the CM and has discussed measures to be taken to ensure that the board is functioning in an efficient manner and is people-friendly. KSPCB is an autonomous body and while we do not want to interfere in its day-to-day affairs, we feel an intervention at this stage is important," said the source.

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HEALTH TIP: Schedule a hair trim every 6-8 weeks to remove split ends and prevent them from going up the hair shaft

Omega-3 fatty acids, abundant in fish and fish oil supplements, are promising for maintaining lung health

Tall task

Why managing Type 1 (juvenile) diabetes is more complicated

Type 1 diabetes, also known as juvenile diabetes, is more challenging to manage and can also take a toll on a patient's emotional and social well-being, said doctors stressing the need for more awareness on the insulin-dependent condition.

Type 1 diabetes is a chronic condition, where the pancreas makes little or no insulin -- a hormone the body uses to allow sugar (glucose) to enter cells to produce energy.

In the absence of insulin, blood sugar levels can rise dangerously, which can damage people's blood vessels, and in turn lead to blindness, kidney failure, heart attack or nerve damage -- also leading to limb amputation.

"People with type 1 diabetes face various challenges in managing their condition on a daily basis. Some of the key challenges include insulin dependency, blood sugar management, carbohydrate counting and meal planning, hypoglycemia (very low blood sugar levels) and hyperglycemia (very high blood sugar levels)," Richa Chaturvedi, Senior Consultant, Endocrinology, at Indraprastha Apollo Hospitals, Delhi, told IANS.

"People with Type 1 diabetes are more vulnerable to various infections, especially if the sugar level is not coming under control. This condition may trigger complications like diabetic ketoacidosis and various issues including vital organs like kidneys, retina and neurological functioning getting affected and gastrointestinal," added Anu Gaikwad, Physician Diabetologist and HOD of Geriatric Medicine, DY Patil Super Specialty Hospital, Pune.

"These patients are also highly vulnerable to cardiovascular issues and are prone to heart attacks."

In India, the Type 2 variant of diabetes has been more prevalent than Type 1. However, recently there has been a spike in Type 1 diabetes cases in the country.

A study published in The Lancet Diabetes and Endocrinology, showed that currently, India has approximately 8.6 lakh people living with Type 1 diabetes, with one in six young people dying without a diagnosis.

India is also among 10 countries that account for 5.08 million or 60 per cent of global cases of Type 1 diabetes -- an estimated 8.4 million people. The study predicted a significant increase in the numbers -- 13.5-17.4 million -- by 2040.

The reason behind the increase in Type 1 diabetes includes adulterated and unhygienic food habits, sedentary lifestyle, consumption of alcohol and tobacco, viral infections and hereditary reasons.

Other factors include genetic predisposition, environment such as viral infections and exposure to certain chemicals, limited access to healthcare facilities, particularly in rural areas, can result in delayed diagnosis and inadequate management, the doctors explained.

Lack of awareness also plays a major role, among the general population, as well as healthcare professionals, especially in the rural community and can delay diagnosis and lead to complications and a higher burden of the disease, Chaturvedi said.

In addition, managing the condition can also significantly impact the mental wellbeing of the patient.

"Living with a chronic condition like Type 1 diabetes can take a toll on a person's emotional well-being. The constant need for self-management, fear of complications, and the stress of monitoring blood sugar levels can lead to emotional challenges, including anxiety, depression, and diabetes distress. It is important for individuals with Type 1 diabetes to have access to emotional support and counselling," Chaturvedi said.

> **"Recent study shows that India has around 8.6 lakh people living with Type 1 diabetes, with one in six young people dying without diagnosis**

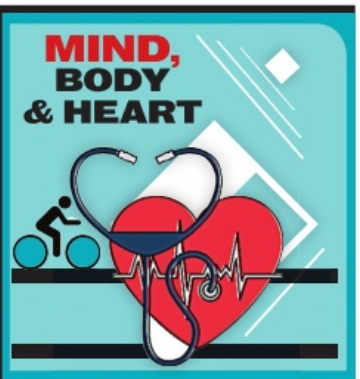
Recently Pakistani actor Fawad Khan opened about how being diagnosed with Type 1 diabetes at the age of 17 affected his life.

In conversation with YouTube channel FreeStyle Middle East, the 'Kapoor and Sons' actor said he has been on insulin for the last 24 years of his life. He added it became a part of his life to carry insulin everywhere he went and he had to constantly monitor his blood sugar every few hours.

Some notable new treatments and technologies in the treatment of Type 1 diabetes in recent years, Chaturvedi said, include artificial pancreas systems, which combine continuous glucose monitoring (CGM) with insulin pumps to automatically adjust insulin delivery based on real-time glucose levels.

Faster-acting insulins, such as ultra-rapid-acting insulins, have a quicker onset and shorter duration of action, allowing for more precise dosing and better post-meal glucose control than traditional insulins.

Clinical trials are also exploring GLP-1 receptor agonists, traditionally used in the treatment of Type 2 diabetes, and immunotherapies aimed at preserving or restoring the body's ability to produce insulin in individuals with Type 1 diabetes, Chaturvedi told IANS. **-IANS**



All you need to know about...

Relationship therapy

Gottman Method
This therapy method attends to the impact of negativity in relationships. The Gottman Method can be used for partners who are facing challenges throughout all phases of the relationship, and can also be used with specific problems related to money, parenting, sex, and infidelity.

Narrative Therapy
This method may be helpful for couples who feel like their relationship is failing due to both of their faults. "The practice of narrative therapy revolves around people describing their problems in narrative form and rewriting their stories. By doing this, the couple gains a new perspective on the situation.

Emotion Focused Therapy
This therapy helps couples who are seeking to deepen intimacy and improve the quality of their interactions. Husain Minawala, founder of Beyond Thoughts, says, "Distress occurs when the fear of abandonment is triggered. EFT helps couples understand each other's attachment needs and insecurities, so they can learn to respond to each other in more empathic, emotionally connected ways."

Reflective Listening
"The most common complaint coming from couples is that their partners do not listen to them. This problem is solved when the other partner becomes a better listener in a way that is evident to the other person, using a technique called Reflective Listening," says Husain.

Imago Relationship Therapy
This therapy views a couple's problems as a result of unmet childhood needs and unhealed wounds that later become sensitivities and cause conflicts or pain in relationships. Imago concentrates on the connection between childhood experiences and adult relationships. **-Femina**

MIRRORLIGHTS

Are beige flags a real thing?

If you're active on social media, you've probably heard of green flags and red flags in dating —positive or negative signs of someone's viability as a partner. But there's a new term that's doing the rounds of social media and it's called beige flags! People are sharing their partner's beige flags on the 'gram and if you're wondering what it means, here's everything you need to know about the slang.

All About Beige Flags

Beige flags simply mean odd traits in love interests that are not quite a dealbreaker, but not exactly a plus, either. For example, this guy I was seeing a few months ago would dunk Oreos in water instead of milk which was a huge beige flag for me. Or my best friend's current boyfriend when told a task, forgets it and needs to be reminded every three hours. Sometimes, they can also be attributes someone has as a person. It could

be frequently getting lost or being awful at directions or not knowing their left from their right.

Beige flags aren't the ones that make you run in the opposite direction but give you a reason to pause and ponder. As you can tell, they are subjective, one person's beige flag could be another person's green flag.

Can Beige Flags Turn Into Green Flags?

Because they aren't necessarily a good or a bad thing, they may or may not ever turn into green flags. If you develop a healthy and loving relationship with your partner, you may grow to appreciate their quirks or at least tolerate them.

-Ravina M Sachdev, Femina

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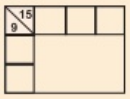
@BangaloreMirror

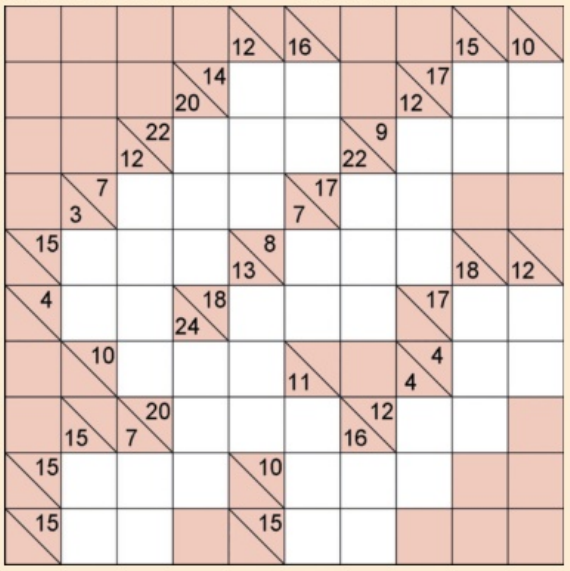
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

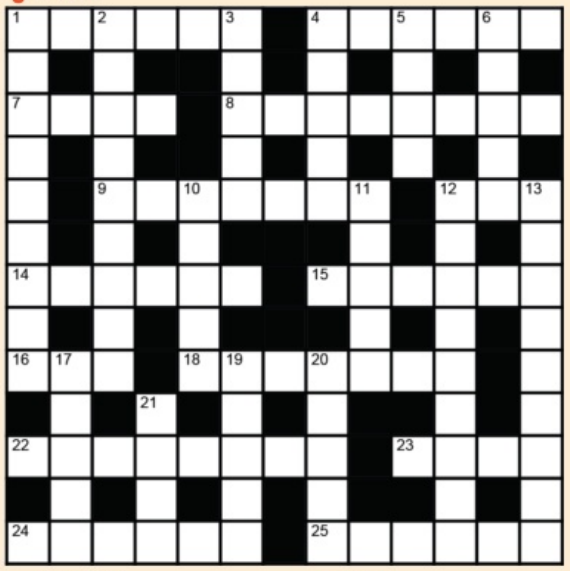


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Holy or consecrated (6)
4 Say it again (6)
7 Shivering fit (4)
8 Red claret or white wine (8)
9 Staggers (7)
12 Adjudicator on the pitch (3)
14 Sesame paste (6)
15 Puzzle (6)
16 Broadband provider (3)
18 Disagrees or protests (7)
22 Tourist destination famous for white water rafting (8)
23 Colloquial way of saying `brother' ? (4)
24 Coalesces or mixes (6)
25 Hot and emotional (6)

DOWN

1 Type of pasta (9)
2 Wooing (9)
3 First performance (5)
4 Harder to find (5)
5 Bakery offerings (4)
6 Heaven's blueness (5)
10 Lone Ranger's Red Indian friend? (5)
11 To do with sound (5)
12 Official record-keeper (9)
13 Broken (bone) (9)
17 Odour (5)
19 Blemishes (5)
20 Upright (5)
21 Atop or over (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: W EQUALS O

VCGYHRAMX, I.: V GMVMFB-FIM WH CFKAFQ BVIAQFGMKX AILWIGAGMFIM NAME WIF'G WNI WDAIAWI.

Linemaro

I just realised I want to spend the rest ofmy life with you and I want the rest of my life to start as soon as possible

Mindchow

You only live once, but if you do it right, once is enough

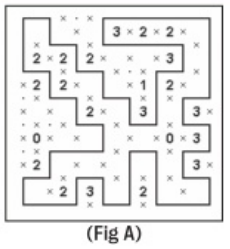
Joke of the day

Q: How is dew formed?
A: The sun shines down on the leaves and makes them perspire

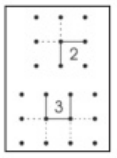
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

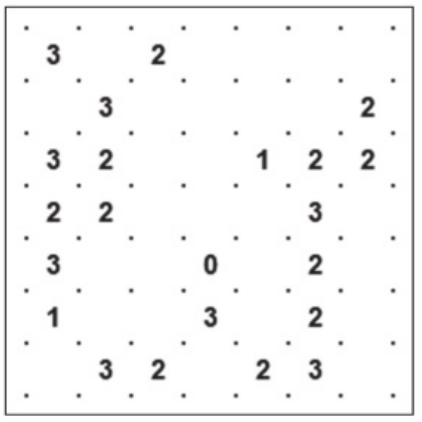


(Fig B) Not Allowed

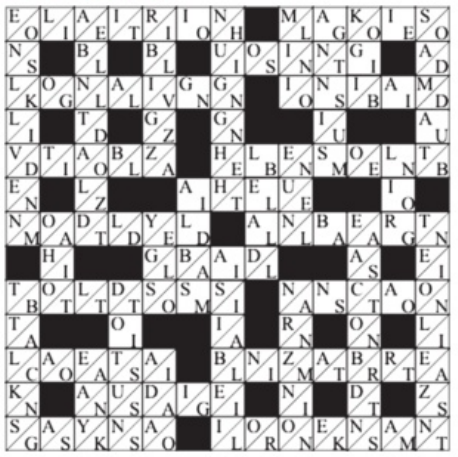
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



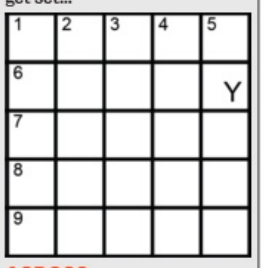
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 SS Bot; 6 Your L;
7 Put an; 8 C Math;
9 Splat

DOWN

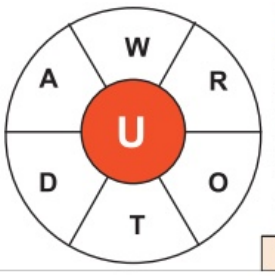
1 Lumps; 2 Talon;
3 A tout; 4 Br CAT;
5 HS Spy

Mensapuzzle

What number should replace the question mark?

8	2	5	38
7	4	9	59
6	3	7	39
5	1	7	?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

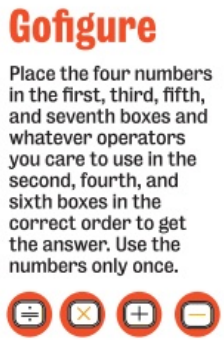
SudokuChallenge

5	7						8	1
	2	1				3	7	
			9		1			
	5			8			3	
		8	7	4	6	5		
	1			2			9	
			5		8			
	8	7				9	6	
1	9						4	3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

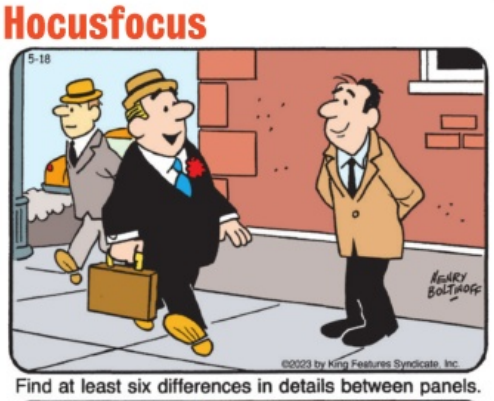


Easy = 5
3 5 6 9

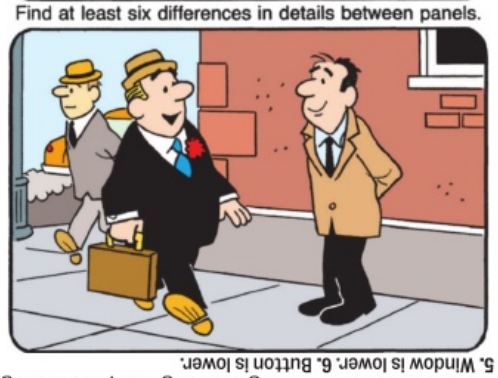
Medium = 6
2 2 5 6

Hard = 6
2 2 4 2

Hocusfocus



Find at least six differences in details between panels.



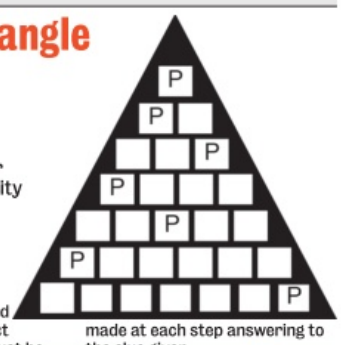
Differences: 1. Man is moved. 2. Arm is not showing. 3. Stone on corner of building is missing. 4. Lapel is missing. 5. Window is lower. 6. Button is lower.

Riddler

If Fred the Squirrel can find one nut in 15 minutes and Jane the Squirrel can find one nut in 12 minutes. How many whole nuts will they accumulate in a day if they work together. Bearing in mind their daughter, Teresa, takes 20 minutes to eat a nut and she eats all day long!

Alpha triangle

1 Sixteenth letter
2 Dad
3 Faucet
4 Constituent
5 Wax candle
6 Father or mother
7 Famous Belgian city

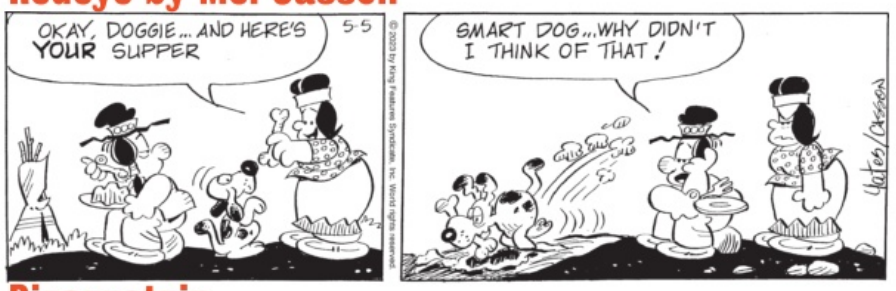


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



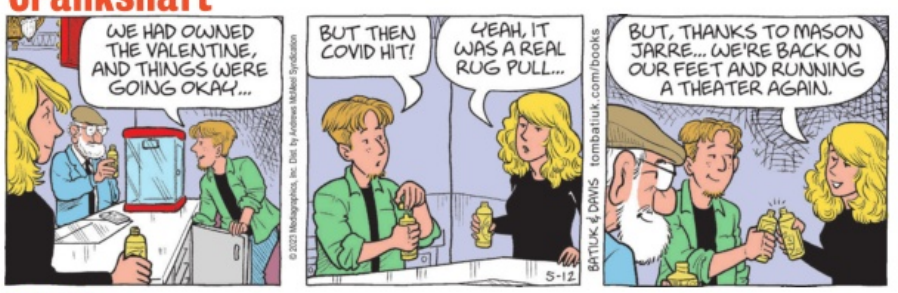
Bizarrotrip

Diamond Lil

Hart of the city

HOW ABOUT WE MAKE THIS A LITTLE MORE INTERESTING?
WHOEVER RUNS THE MILE FASTEST WINS THE POT. I'LL PUT IN $5!
MONEY IS A GREAT MOTIVATOR! COUNT ME IN!
HEART OF THE CITY © 2023 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft


WE HAD OWNED THE VALENTINE, AND THINGS WERE GOING OKAY...
BUT THEN COVID HIT!
YEAH, IT WAS A REAL RUG PULL...
BUT, THANKS TO MASON JARRE... WE'RE BACK ON OUR FEET AND RUNNING A THEATER AGAIN.
BATIUK & DAVIS tombatiuk.com/books
5-12

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today things are under control; you may be able to come out of yesterdays' messy situation. You may work with a great patience, which may reflect into your way of working. Love birds may plan for an outing, students may have a good focus towards their goals. Singles may find their love in the same community.

Taurus Apr 21 – May 20
Today you may feel dull and unhappy. You may be a victim of mood swings, which may reflect into your domestic life harmony. You are advised to avoid arrogance at work otherwise you may create hidden enemies around you. You are advised to avoid rash driving and adventure tours.

Gemini May 21 – Jun 21
Today you may be happy. You may spread happiness around you; you may feel harmony in the domestic life, you may enjoy some romantic moments with your spouse. Your family may support you in taking some important decisions on the professional front. You may expect some new ventures or partnerships in the business or work.

Cancer Jun 22 – July 23
Today's positive moon may make you happy. You may use your patience at every stage. Your performance may be good in the job, you may get some incentives in terms of rewards. Health related issues of family members will be resolved now. Job seekers are likely to get suitable jobs in their domain. Love birds may enjoy their dating.

Leo Jul 24 – Aug 23
Today you may have mixed situations around you. It is advised to not expect more from anyone around you, it may make you disappointed. Today you may have self exploration and self analysis, which may allow filtering yourself. After the filtration process, you may feel confident and be able to prepare to accept challenges.

Virgo Aug 24 – Sep 23
Today's dissatisfaction may make you upset. You may not be able to enjoy your single moment. You may have a lack of patience, which may affect your way of working. Silly mistakes may happen in your task. You are advised to practice meditation or yoga. You may also visit some religious places to seek peace.

Libra Sep 24 – Oct 22
Today you may feel energetic, your speed of working may be noticeable. You may perform difficult tasks in an easy way. Disputes between siblings may be settled now, which may lead to happiness in the family. Your focus towards your goals may be noticeable, which will give you success in your work front.

Scorpio Oct 23 – Nov 22
Today you are blessed by the moon. You may expect to get some inherited assets. You may perform with patience on the work front, which may increase your efficiency. You may be polite with the people around you. You may put less effort in day to day work. You may use your communication skills to get new work in terms of progress on the work front.

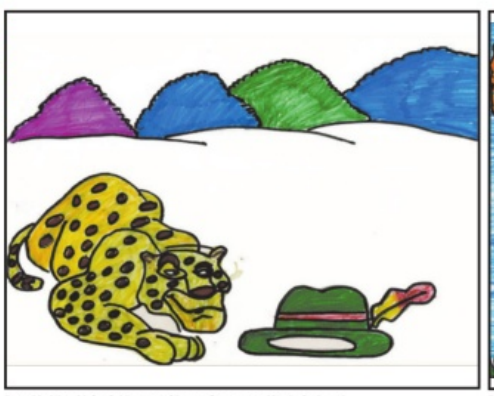
Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon, which may give you patience. Externally you may face some work related stress but your inner sense may be calm and cool, which may help you to balance everything. You may enjoy your every moment in work and domestic life. Some new sources of income may be opened, which may help you to boost your financial health.

Capricorn Dec 23 – Jan 20
You may feel dull today. You may face health issues. You are likely to be a victim of sleeplessness, which might make you arrogant. Your arrogance may affect your domestic harmony. Your profits may convert into losses. You are advised to think twice before doing any type of financial transaction.

Aquarius Jan 21 – Feb 19
Today you may feel energetic. Your losses may convert into profit, which may increase your business growth. You may make some difficult decisions in the business with the help of your subordinates. You might perform at work efficiently; your boss may support you. may also expect to get incentives, which may increase in savings.

Pisces Feb 20 – Mar 20
Today you may be busy at work. With the help of destiny you are likely to implement some new ideas in the work. You may follow rules and be ethical in your dealing with the people around you, which may give you inner peace and inner strength.

KIDZONE



Pra Valika Y S, 8 Years, Cluny Convent High School

Paras Sintre P, 7 Years, Bangalore

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(27-25) * (8-16)÷4
(2) * (-8)÷4
-16÷4=-4

BULL'S EYE
auto, doun,
OUTWARD, rout,
tour

FAST FIVE

S	T	O	B	S
L	O	U	R	Y
U	N	T	A	P
M	A	T	C	H
P	L	A	T	S

RIDDLER
144 nuts: Fred finds 4 every hour, Jane finds 5 every hour and Teresa eats 3 every hour, so the total per hour is 6, which is 6 x 24 = 144 in a day.

STRIKE OUT

S	A	Y	S	O	■	L	O	O	K	S	A	T	■	■
K	■	N	U	D	G	E	■	I	■	T	■	S	■	■
C	O	A	T	■	I	■	B	I	Z	A	R	R	E	■
A	■	I	■	A	■	N	■	O	■	I	■	■	■	■
B	O	T	T	O	M	S	■	A	N	C	O	N	■	■
A	■	I	■	H	■	L	A	I	D	■	S	■	I	■
N	O	D	D	E	D	■	A	L	B	E	R	T	■	■
E	■	L	■	■	A	T	E	■	E	■	O	■	■	■
V	I	O	L	A	■	E	L	E	M	E	N	T	■	■
I	■	T	■	Z	■	G	■	U	■	■	■	A	■	■
L	O	L	L	I	N	G	■	I	N	B	A	D	■	■
E	L	A	T	I	O	N	■	L	A	K	E	S	■	■

QUICK

B	L	E	N	D	S	■	T	O	R	R	I	D	■	■
L	■	O	■	T	■	C	■	A	■	■	■	E	■	■
K	E	M	P	H	O	L	E	■	B	R	E	R	■	■
I	■	M	■	U	■	L	■	R	■	T	■	U	■	■
I	S	P	■	O	B	J	E	C	T	S	■	T	■	■
C	■	I	■	T	■	I	■	■	■	C	■	■	■	■
T	A	H	I	N	I	■	E	N	I	G	M	A	■	■
E	■	S	■	O	■	■	O	■	E	■	R	■	■	■
H	■	T	O	T	T	E	R	S	■	R	E	F	■	■
G	■	R	■	■	U	■	E	S	■	R	■	■	■	■
A	G	U	E	■	B	O	R	D	E	A	U	X	■	■
P	■	O	■	E	■	A	■	I	■	Z	■	■	■	■
S	A	C	R	E	D	■	R	E	P	E	A	T	■	■

MENSA PUZZLE
34: the first column is multiplied by the third column, and the second column deducted: (5 × 7) – 1 = 34

QUOTE UNCODE
Absurdity, n.: A statement or belief manifestly inconsistent with one's own opinion.

SUDOKU

5	7	9	6	3	2	4	8	1
6	2	1	8	5	4	3	7	9
8	4	3	9	7	1	2	5	6
7	5	2	1	8	6	9	3	4
9	3	8	7	4	5	6	1	2
4	1	6	3	2	5	7	9	8
3	6	4	5	9	8	1	2	7
2	8	7	4	1	3	9	6	5
1	9	5	2	6	7	8	4	3

ALPHA TRIANGLE
P, Pa, Tap, Part, Taper, Parent, Antwerp.

LOOP

GO FIGURE
Easy
6 + 5 – 9 + 3 = 5
Medium
5 – 2 – 2 x 6 = 6
Hard
2 x 4 / 2 + 2 = 6

KAKURO

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 # Just perfect
Actor Cillian Murphy has said his sex scenes with Florence Pugh in 'Oppenheimer' are "perfect"

Kajol on her kids: 'Make your own mistakes to learn'

On the occasion of Parents Day on Sunday, Kajol talked about her children Yug and Nysa. She said that with her kids she believes it is important to let them be at times as it would help them to become responsible adults.

Kajol said: "I have always believed that everyone should have the freedom to make their own decisions. With my kids, I believe it is important to let them be at times as it would help them to become responsible adults. As a mother, I have guided them on what is right and wrong."

She added: "While I am always there to back them up in any case, they should make their own mistakes and learn from them as well. In The Trial, my character Noyonika is also quite similar. She is extremely protective of her daughters, but she also knows that her kids deserve to know the truth."

Kajol married her actor-filmmaker husband Ajay Devgn in 1999. They had started dating in 1994, while filming Gundaraj.

The two welcomed their daughter Nysa in 2003 and then had their son Yug in 2010.

In her latest project, 'The Trial: Pyaar, Kaanoon, Dhokha', Kajol too, who is a mother in real life, faces the hardships of being a parent in a challenging situation. **–IANS**

Back from the brink

Sherlyn reveals how she overcame a health crisis and rift with family to get to work

Sherlyn Chopra recently opened up about the time when she suffered from kidney failure in 2021. The actress also spilled some beans on the relationship she shares with her family. Sherlyn revealed that she had kidney failure in 2021, and she thought she would die. Then she realised that she had so much more work to do with Ekta Kapoor and that she had to clinch some great works.

The actress made the decision not to give up. According to her, the doctor presented two options: either dialysis or a kidney transplant. However, she said that her family didn't love her enough to donate a kidney. For dialysis, she would have had to go to the hospital thrice a week, and she didn't want that in her life. Elaborating further, Sherlyn added that after three months of taking medicines, the kidney failure was reversed. According to her, she felt like she had got another life.

Sherlyn also spoke about her family. She revealed that she is no longer in touch with her family members. Although she has her mother, sister and her in-laws, brother and a sister in-law, they haven't spoken in quite some time. She also added that she doesn't miss them. Further, Sherlyn added that she had disagreements with them regarding religion, culture, and profession. She revealed that she was often told not to try to be a star and to behave like a common person when she met them. But the actress believed that she was a star so refused to listen to them. **ETimes**

Just a movie night?

Actor Saif Ali Khan's son Ibrahim Ali Khan and Shweta Tiwari's daughter Palak Tiwari sparked dating rumours after they were spotted leaving the movie theatre at Juhu. Shutterbugs on Saturday spotted Palak and Ibrahim leaving together after a speculated movie date in Juhu. Pictures and videos of the two are on the internet.

Palak looked uber cool as she donned a black crop top, black bottoms and an oversized matching jacket. Ibrahim opted for a casual look as he donned a white t-shirt with a black shirt and black trousers.

The rumoured couple was seen leaving the theatre after a date to the movies. **–ANI**

Feeling grateful

Janhvi Kapoor is currently on cloud nine after she received positive response for her film, 'Bawaal' from the audience and the critics alike. Taking to her Instagram handle, Janhvi shared a heartfelt note for her fans, expressing her gratitude for all the love they have showered upon her film.

Sharing a still from the film, she wrote, 'Your love has been #Bawaal - thank you in this race to create a perception, to compete for things and for validation- some of us are lost. And sometimes what we feel are the biggest problems, are only our minds not allowing us to value what we have. In light of the hardships that were faced by so many through a period of history, maybe we can learn that life is fleeting; that our problems are trivial, what matters is not what you have but what you are, that we forget to value the simplest of things till we lose it, only to realise that was our one shot at true happiness." **–ETimes**

AMBUJA (KANNADA)
2.5 RATING ★★½☆☆
- **DIRECTOR** Srini Hanumantharaju
- **ACTORS** Shubha Poonja, Deepak Subramanya, Rajini, Jagadeesh, Nisha Hegde, Govinde Gowda, Padmaja Rao, and Baby Akanksha.
- **Duration** 127 minutes
- **Certification** A

A cocktail of mystery and superstition

Ambuja is based on an incident in a Lambani household. Director Srini Hanumantharaju has botched up with the casting a bit. It is not that the actors have not done a good job, but the hero and heroine look incongruous as they do not look the age they are supposed to be. Kudos to the director for keeping in mind all elements such as crime, suspense, glamour, emotions and superstitions. The plot of the movie will keep audiences on the edge of their seats for a while but it fails to ensure the suspense lasts till the end.

The movie begins with Nandini (Shubha Poonja), a crime reporter, contacting the police station about the progress of investigation into the death of a few women. The police ask her to visit the station for more information. Nandini seeks her colleague Arjun's (Deepak Subramanya) help to investigate the death of 15 women aged between 25 and 40 years.

Meanwhile, Paddu (Padmaja Rao), the mother of Nandini, is worried about her daughter's future as the latter is suffering from a psychological disorder. Paddu asks her brother, Akhilesh (Jagadeesh), a gynaecologist, to marry Nandini. At this juncture, Arjun finds a Lambani girl lying on the roadside at night. He admits her to an orphanage but Nandini brings the girl to her home. What happens to Nandini and who is the killer of 15 women is what Ambuja is all about.

Shubha Poonja has acted well as a crime reporter but she is unable to carry off her style in terms of her costumes. Padmaja Rao is convincing as a concerned mother but her sound is too loud. Deepak Subramanya, as a concerned colleague, lover, and reporter, has acted well. Rajini and Baby Akanksha are convincing as mother and daughter. Govinde Gowda provides much needed comedy to break the monotony.

Songs are good. Music by Prasannakumar and background score by Thyagaraj are passable.

If you are into crime thrillers, go for it. **–Y Maheswara Reddy**